



Break out the greens

Spring calls for a classic Greek salad with fresh ingredients PAGE 15

STILL PERFECT
VETERAN SKIP GLENN HOWARD REMAINS UNBEATEN AT THE MEN'S CURLING WORLDS IN SWITZERLAND

PAGE 22



WINNIPEG metro Monday, April 2, 2012 News worth sharing. metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg

Man's body removed from downtown yard

Mystery. Police are investigating the death as a homicide

SHANE GIBSON shane.gibson@metronews.ca

Police are saying very little after the body of a man was found in the yard of a home in the 200 block of Balmoral Street over the weekend. Family members identified the man as John Felix, 21. A group of neighbours who saw police remove the body from behind a fence in the yard around 9:30 a.m. Sunday said Felix lived nearby and

was shot early Saturday morning. "I was sleeping, but my buddies heard five shots," said a neighbour who lives in an apartment across the street from where the body was found and asked to remain anonymous. "The police were up and down this street all day Saturday." Winnipeg police spokesperson Const. Natalie Aitken said police were called to the scene around 7:40 p.m. and are investigating it as a homicide, but wouldn't confirm how the man died. The neighbours say gunshots were heard in an alley between their building and a neighbouring apartment around 4:30 a.m. Saturday

and the wounded victim likely ran across the street and into the yard to hide. The neighbours said the victim lived in a suite in the neighbouring apartment with his father and grandmother. "That's too young to die," said one in the group of men across from the scene Sunday morning. "Just another day in the hood." Aitken said next of kin have been notified, but police won't release the man's age or name while the investigation continues. Police said the homicide is not related to another homicide investigation going on in the 700 block of Notre Dame Avenue around the same time. MORE COVERAGE ON PAGE 4

Hitting the bull's-eye
A local archer has his sights set on the London 2012 Olympic Games PAGE 3

N.B. farmer home at last
A potato farmer is back in Canada after spending a year in a Lebanese jail PAGE 5

Reversal of fortune
Aung San Suu Kyi goes from house arrest to a seat in Myanmar's parliament PAGE 6



CANADA'S FEISTIEST

Feist accepts the award for artist of the year during the Juno Awards in Ottawa Sunday night. See more coverage on page 12. FRED CHARTRAND/THE CANADIAN PRESS

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Elite archer hopes to hit Olympic bull's-eye

Going for gold. Local archer Jason Lyons hopes to get a second shot at the Olympic Games this summer

SVJETLANA MLINAREVIC
Metro in Winnipeg

In an attempt at qualifying for his second Olympics, a Manitoban hopes his dreams hit the bull's eye.

Winnipegger Jason Lyons can easily shoot 300 arrows a day and has competed in some of the world's most elite sporting events.

Now the 26-year-old hopes all his preparation and determination will pay off in a bid to get into the London 2012 Olympic Games.

"I think my chances are pretty good," said Lyons. "My coach won't settle for anything else. He'd say I have all the tools, I just have to achieve the goal ... I can be in the top three at the

Heading to London

"I think my chances are pretty good. My coach won't settle for anything else ... I can be in the top three at the Olympics. I could medal."

Jason Lyons
Archer and Olympic hopeful

Olympics. I could medal."

Lyons competed in the Beijing 2008 Olympics but missed getting a medal when he was beaten in the third round (115-110 points) by Russian Bair Badenov, who won bronze.

Now with the help of his coach, American Olympian Jay Barrs, a gold medalist from the Seoul 1988 Olympics, Lyons says his technique and mental preparation has improved.

"With his expertise and experience working alongside me, my personal trainer and a sport psychologist, I know it's benefitting me greatly," said Lyons.

Lyons will compete in the Canadian trials May 25 against five other elite archers.

His biggest competitor will be Crispin Duenas of Toronto, who has been switching with Lyons between first and second seed. Lyons said the need to compete among the world's best is strong.

"After experiencing the Commonwealth, Pan-Am and Olympic games, the atmosphere is so unique. It's something not a lot of people experience. It's like a drug. To be in that moment and to be with elite athletes is something," said Lyons.

The 2012 Olympics run from July 27 to August 12.



Jason Lyons pulls his Hoyt Formula Rx Olympic Recurve taut as he readies to fire his arrow. SVJETLANA MLINAREVIC/METRO

Career stats

A few of Lyons' archery accomplishments to date:

- **2011 World Championships.** Placed fifth in the individual round.
- **2010 Commonwealth Games.** Won silver in the individual round.
- **2008 Beijing Olympic Games.** Placed 10th in the individual round and team rounds.
- **2007 Pan-Am Games.** Won silver in the team round.

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NEWS

On the web

Check out our new website

Metro's thrilled to launch our new website with a reimagined, cleaner design and more content, including more special features, from our team of staff across the country. In addition to the many changes at metronews.ca, we've launched sleek new native apps for iPhone, iPad and Android. Be sure to download them and then head to metronews.ca.

Mobile news



Provocative new research might help explain why black women are more likely than white women to develop and die from cervical cancer. Scan the code for the story.

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Body found near dumpster in West End Peg's eighth murder

Violent weekend. Winnipeg police investigate two weekend homicides and a stabbing



SHANE GIBSON
shane.gibson@metronews.ca

During one of the most violent weekends the city has recently witnessed, Winnipeg police ran from one homicide scene in the West End to another in West Broadway and investigated a stabbing that left a man in hospital.

"It has been busy, certainly, (homicide detectives) have been going from call to call and scene to scene," said WPS spokesperson Const. Natalie Aitken. "We have devoted additional resources and that's normal when ... investigations happen in a short period of time."

Police began investigating at a garbage bin behind an apartment block in the 700 block of Notre Dame Avenue around 10 a.m. Saturday and Aitken confirmed the body of an adult woman was recovered, but gave few other details Sunday.

Some eyewitnesses claim they saw what looked like body parts around the garbage bin.

An autopsy has been completed and the victim's next of kin have been notified. Aitken said releasing her name, age and cause of death would hinder the work of homicide detectives at this time.

"This is very fresh for us, and we're in the midst of that investigation," she said, noting more details may be released at a later date.

Aitken said little about another weekend homicide on Balmoral Avenue, but confirmed that the two incidents are not linked.

While investigators combed through the scenes, officers were called to a gas station parking lot in the 800 block of Ellice Avenue around 2:45 a.m. Sunday where a 42-year-old man had been stabbed. The man was rushed to hospital in critical condition but was later upgraded to stable condition.

Awasis John Beardy, 19, of Garden Hill, Manitoba, was arrested in the area after a short foot chase. He faces charges of robbery with violence and aggravated assault in connection with the stabbing.

The two homicides are Winnipeg's eighth and ninth of 2012.



Police were on the scene of Notre Dame Avenue on Saturday where the remains of a woman were found. HOWARD WONG/FOR METRO



A vacuum collision

There were plenty of vacuums on hand but they weren't meant to clean up the mess left behind after an SUV and a taxi-cab collided early Saturday morning on Croyden Avenue. The SUV crashed into the front window display of Winnipeg Vacuum. HOWARD WONG/FOR METRO

Man bugs city to let bees buzz



ELISHA DACEY
elisha.dacey@metronews.ca

A Winnipeg man is hoping a presentation Monday will start the process to let 'Peggars become amateur backyard beekeepers.

Charles Polcyn, president of the Red River Apiarist Association, will ask the city's protection and community services committee to review the exotic animal by-law to allow honey bee hives to be

raised in Winnipeg backyards.

In a letter to councilors, Polcyn said association members have been asked for years about people wanting to start their own backyard hives.

"My response to them is that it is currently illegal to keep honey bees inside the city," he said, adding he owns several hives on a farm outside Winnipeg.

Polcyn proposed some restrictions common in

other cities that allow bee hives in city backyards, including a lot size of at least 50x100 feet.

Polcyn said in his letter bee populations in North America are declining due to pesticide use and new breeds of bee mites and touted the idea of backyard beekeeping as one step in the solution to preserving honey bee populations.

The committee will consider the proposal Monday morning.

Beekeeper's guidelines

Some of Polcyn's suggestions on restrictions:

- A minimum of two hives in case one has problems.
- A six-foot flight barrier around the hives.
- A sight barrier to the hives from the front street.

Roads

Sherbrook Street reopens after collapse

Sherbrook Street has partially reopened after heavy rains caused a partial road collapse on March 21.

A city of Winnipeg

spokesperson said one lane has reopened in each direction on Sherbrook Street, allowing for two-way traffic between Elgin Avenue and William Avenue.

While there is now pedestrian access on the east side of Sherbrook Street, access remains closed on the west side.

METRO

Libraries

Thousands of books returned during amnesty

Winnipeggers had a lot of overdue books.

More than 3,200 books were returned to the Winnipeg Public Library in March during a two-week amnesty that saw all

overdue fees paid. Of those 3,200, 200 of them had been borrowed for more than a year.

The items returned, said the City of Winnipeg, were worth about \$75,000 in total.

Just under 700 library accounts were reactivated and renewed during the same period, a 34 per cent increase over the same time last year. METRO

Permit required

Body armour ban now being enforced

A ban on the sale and use of body armour and fortified vehicles went into effect on Sunday.

"The use of body armour or fortified vehicles by gang members and

other criminals is an unacceptable threat to public safety," said justice minister Andrew Swan in a press release.

People who want to have or sell body armour must now apply for a permit.

First responders, security guards licensed by the province, sheriffs and corrections officers are exempt from the ban.

METRO



Thrilla on the Hilla goes to Liberals in three rounds

Conservative Senator Patrick Brazeau and Liberal MP Justin Trudeau fight in a charity boxing match for cancer research Saturday in Ottawa. Trudeau stopped Brazeau in the third round. Former Liberal prime minister Pierre Trudeau, Justin's father, died of prostate cancer, while Brazeau's mother succumbed to lung cancer. FRED CHARTRAND/THE CANADIAN PRESS

Health and safety

Feds looking to bury nuclear waste

The federal government is eyeing the site of the Chalk River nuclear reactor, 160 kilometres northwest of Ottawa, as a radioactive waste site.

Atomic Energy of Canada Ltd. says 267,000 cubic metres of low- and medium-grade nuclear waste is now stored above-ground in steel containers at the Chalk River site.

The amount of radioactive material is expected to grow to 360,000 cubic metres by 2100.

THE CANADIAN PRESS

Coffee crazed

Drive-thrus cause traffic jams?

Canadians lining up in their cars for a Tim Hortons fix are causing traffic snarls and headaches in cities across the country.

The problem has become

so bad in Saskatoon that one city councillor has proposed a ban on all future drive-thrus. City transportation manager Angela Gardiner said it was brought up at a national transportation engineering conference last year. Traffic numbers for Tim Hortons greatly exceed the average for other fast-food outlets in Canada. THE CANADIAN PRESS

Potato farmer home from Lebanese jail

Seeking extradition.

N.B. man's lawyers, family expressed concerns about his deteriorating health

After more than a year in a Lebanese jail, Henk Tepper is finally home.

"I'm happy to be home," the New Brunswick potato farmer told a throng of reporters as he left the customs area at the Ottawa airport Saturday.

Tepper, who is in his mid-40s and from Drummond, N.B., has been in custody in Beirut since March 23 of last year.

He was picked up on an international arrest warrant on allegations he exported rotten potatoes to Algeria in 2007 and forged export documents.

A source close to Tepper says an Interpol red notice issued by Algeria remains in effect and the notice says he could face up to five years in prison if convicted of the allegations.

Tepper's lawyers have denied all of the allegations, saying the potatoes were inspected

Political inaction?

A number of public appeals, meetings were held to push for Tepper's return home.

- **Legal limbo.** Diane Ablonczy, Canada's minister of state for foreign affairs, issued a statement saying the federal government has been working behind the scenes to get Tepper released.

- **Not enough.** Tepper's family and Liberal politicians have criticized Ottawa's efforts to have him returned to Canada, accusing the feds of not doing enough.

in Canada before shipment and met Algerian standards.

Algeria also alleges that Tepper forged documents related to the export of potatoes from Quebec and Prince Edward Island. Tepper was arrested in Lebanon while on an agricultural trade mission to promote seed potatoes from Atlantic Canada.

THE CANADIAN PRESS

Stranded cruise ship reaches Malaysian shore after on-board fire



Passengers from the stricken cruise ship Azamara Quest queue to check in at a hotel in Sandakan, Malaysia, Monday. MARK BAKER/THE ASSOCIATED PRESS

A luxury cruise ship stranded at sea for 24 hours because of a fire safely reached a Malaysian port where police and embassy officials stood by Sunday to help 1,000 people aboard, including 45 Canadians.

The Azamara Quest drifted off the southern Philippines after flames engulfed one of its engine rooms Friday, injuring five crew members. It restored propulsion the next night and

reached the harbour of Sandakan city in Malaysia's eastern state of Sabah on Borneo island late Sunday.

Two ambulances came out of the port shortly after the ship docked, followed more than two hours later around midnight by a fleet of buses taking passengers to hotels. Inside the buses, several people appeared tired, but many others smiled and one man waved to reporters

waiting outside the port.

It was the latest in a series of accidents hitting luxury cruise liners since January, when the Costa Concordia capsized off the coast of Italy, killing 32 people.

The fire on the Azamara Quest had been extinguished immediately, but five crew members suffered smoke inhalation, including one who was seriously injured and needed

hospital care, the ship's operator has said.

The 11-deck vessel, which features a casino, spa and shopping boutiques, was carrying 590 passengers and 411 crew members. Over one-third, or 201, of the passengers were American, according to lists of passenger and crew nationalities provided by the ship captain to the Philippine Coast Guard. THE ASSOCIATED PRESS



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Aung San Suu Kyi wins seat in Myanmar's parliament

Election. Supporters celebrate as iconic democracy campaigner wins political office

She struggled for a free Myanmar for a quarter-century, much of it spent locked away under house arrest. Now, the Nobel Peace Prize laureate whose non-violent campaign for democracy at home transformed her into a global icon is on the verge of ascending to public office for the first time.

Aung San Suu Kyi, 66, was elected to parliament Sunday in a historic victory buffeted by the jubilant cheers of supporters who hope her triumph will mark a major turning point in a nation still emerging from a ruthless era of military rule.

If confirmed, the election win will also mark an astonishing reversal of fortune for a woman who became one of the world's most prominent prisoners of conscience.

When she was finally released in late 2010, just after a vote her party boycotted that was deemed neither free nor fair, few could have imagined she would make the

Analysis

Rapid reforms

Myanmar has changed dramatically over the past two years. The ruling junta finally ceded power last year, and although many of its leaders merely swapped their military uniforms for civilian suits, they went on to stun even their staunchest critics by releasing political prisoners, signing cease-fires with rebels, relaxing press censorship and opening a direct dialogue with Suu Kyi — whom they tried to silence for decades.

leap from democracy advocate to elected official in less than 17 months, opening the way for a potential presidential run in 2015.

The results must be confirmed by the government's electoral commission, however, which may not make an official declaration for days.

U.S. Secretary of State Hillary Rodham Clinton congratulated Myanmar for holding the poll.

THE ASSOCIATED PRESS



Aung San Suu Kyi's supporters in Yangon, Myanmar, erupt in euphoric cheers Sunday after learning she had won a parliamentary seat in a landmark election. ALTAF QADRI/THE ASSOCIATED PRESS

70 countries pledge cash for Syrian rebels



A Syrian boy flashes the V-victory sign during a demonstration in Idlib, Syria. THE ASSOCIATED PRESS

A coalition of at least 70 countries pledged several million dollars a month Sunday and communications equipment for Syrian rebels and opposition activists, signalling a deeper involvement in the conflict amid a growing belief that diplomacy and sanctions alone can't end the regime's repression.

The shift by the U.S. and its Western and Arab allies toward seeking to sway the military balance in Syria, where heavily armed regime forces outmatch rebels, carries regional risks because the crisis there increas-

ingly resembles a proxy conflict that could exacerbate sectarian tensions.

It comes after a year of failed diplomacy that seems close to running its course with a troubled peace plan led by U.N.-Arab League envoy Kofi Annan.

Indeed, U.S. Secretary of State Hillary Rodham Clinton and other participants in a meeting on Syria, held in Istanbul, uniformly expressed concern that Annan's plan might backfire, speculating that President Bashar Assad would try to manipulate it so as to prolong his hold on power.

Clinton said she was waiting for Annan's report to the U.N. Security Council on Monday on the status of his peace plan.

"If Assad continues as he has, to fail to end the violence ... then it's unlikely he is going to ever agree," she said.

Clinton said Assad may want to wait and see if his forces can completely crush the opposition.

"I think he would be mistaken to believe that," she said. "My reading is that the opposition is gaining in intensity, not losing."

THE ASSOCIATED PRESS

Pot of gold

Conference participants in Istanbul said Saudi Arabia and other Gulf countries are creating a fund to pay members of the rebel Free Syrian Army and soldiers who defect from the regime and join opposition ranks. One delegate described the fund as a "pot of gold" to undermine Assad's army.

Mali

Rebels seize Timbuktu

The junior officer who overthrew Mali's democratically elected leader earlier this month and dissolved the nation's constitution made a U-turn Sunday, declaring amid enormous international pressure that he was reinstating the 1992

constitution and planning to hold elections. Capt. Amadou Haya Sanogo added that a national convention would be held to organize elections, but he failed to announce a timeline for the plans.

Sanogo's announcement came as Tuareg rebels penetrated and seized control of the ancient northern city of Timbuktu, a move that deepens the crisis in the West African nation.

THE ASSOCIATED PRESS



Coup leader Capt. Amadou Haya Sanogo

REBECCA BLACKWELL/THE ASSOCIATED PRESS

Ice fishing

675 rescued from Russian ice floe

Russia's emergency services rescued 675 fishermen on Sunday from an ice floe that was drifting out to sea in the far east of the country.

None of the rescued ice fishermen required medical treatment, the emergency services on Sakhalin Island

said. About half of the 675 fishermen were picked up by helicopters and the others by boat.

The emergency services said it received a report at midday Sunday that an ice floe was drifting into the Sea of Okhotsk with hundreds of fishermen on it. More than six hours later, all had been rescued.

Ice fishermen routinely get stranded on ice floes in Russia, especially in the spring as

the temperatures rise. Sunday's operation was unusual only in the high number that had to be rescued.

One of the rescued fishermen, Vladimir Vasilenko, said they should have known better than to go out on such a day. "Of course the wind was blowing from the shore. We should have thought that something could happen, but people were going and we went as well."

THE ASSOCIATED PRESS

Romney win would all but end the GOP race

Wisconsin primary.

Candidate's chief rival says he won't give up

A Mitt Romney victory in the Wisconsin Republican primary Tuesday could all but end the party battle to pick a challenger to U.S. President Barack Obama.

The former Massachusetts governor, who as CEO of a private equity firm amassed a fortune worth an estimated quarter of a billion dollars, is predicting success in the upper Midwestern state. He is now shifting his campaign attacks almost solely to Obama and away from fellow Republicans.

Obama was originally vulnerable in his bid for a second White House term because of the ravages left behind by the Great Recession and the near national financial meltdown just before he took office.

But the president has seen his prospects improve as a result of the Repub-

Scenario

Wisconsin Republican primary:

- A Romney win likely but chief rival Rick Santorum refuses to quit.
- The Wisconsin vote will be Santorum's last chance to prove his strength in the U.S. heartland, where he's said he can challenge Obama — but where Romney has beaten him consistently.
- Santorum says he will drop out should Romney accumulate the 1,144 delegates needed before the convention.

lican nomination fight and signs the economy is in a sustained recovery.

Santorum said that Romney is the wrong candidate because of his support for a health care plan in Massachusetts that was the basis for Obama's health care overhaul.

THE ASSOCIATED PRESS

Watch what you say. British legislation would keep track of every e-mail, create massive database

Every email to your child. Every status update for your friends. Every message to your mistress.

The U.K. government is preparing proposals for a nationwide electronic surveillance network that could potentially keep track of every message sent by any Brit to anyone at any time. That word from an industry official briefed on the government's moves.

Plans for a massive government database of the country's phone and email traffic were abandoned in 2008 following a public outcry. But James Blessing of the Internet Service Providers' Association said the government appears to be "reintroducing it on a slightly different format."

Blessing said the move was disclosed to his association by Britain's Home

Office during a meeting in recent weeks.

Britain's Home Office declined comment.

In a statement, the Home Office said it's vital that police and intelligence services "are able to obtain communications data in certain circumstances to investigate serious crime and terrorism, and to protect the public."

"It is not focusing on

terrorists or on criminals," Conservative lawmaker David Davis told the BBC. "It is absolutely everybody."

"Our freedom and privacy has been protected by using the courts by saying: 'If you want to intercept, if you want to look at something, fine. If it is a terrorist or a criminal, go and ask a magistrate and you'll get your approval.'"

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Palm Sunday in Austria

A boy carries traditionally-decorated catkin twigs during a Palm Sunday procession in the Austrian province of Salzburg, Sunday. Palm Sunday opens Holy Week which ends with Easter Sunday, the most important Christian holiday. KERSTIN JOENSSON/THE ASSOCIATED PRESS



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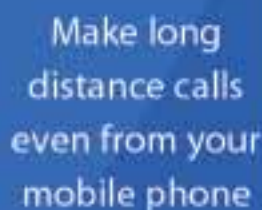
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High time to tax the rich fairly: Obama

Buffet Rule. Push for new taxation comes as millions of Americans prepare taxes for April filing deadline

U.S. President Barack Obama is calling on Congress to increase taxes on millionaires, reviving a proposal he first pitched last September that aims to draw sharp election-year lines between the president and the Republican opposition.

The plan, scheduled for a vote in the Democratic-controlled Senate on April 16, stands little chance of passing in Congress. But it is a prominent symbol of the efforts the president and congressional Democrats are making to portray themselves as champions of economic fairness. Republicans dismiss the idea as a political stunt with little real effect on the budget.

"We don't envy success in this country. We aspire to it," Obama said in his Saturday

Tax rates

"Warren Buffett is paying a lower rate than his secretary. Meanwhile, over the last 30 years, the tax rates for middle-class families have barely budged."

U.S. President Barack Obama, on ending tax cuts for the wealthy.

address. "But we also believe that anyone who does well for themselves should do their fair share in return, so that more people have the opportunity to get ahead — not just a few."

Obama calls the plan the "Buffett Rule" for Warren Buffett, the billionaire investor who has complained that rich people like him pay a smaller share of income tax than middle-class taxpayers. Obama has proposed that people earning at least \$1 million annually should pay at least 30 per cent of their income in taxes.

THE ASSOCIATED PRESS



Revamped Burger King menu courts healthier eaters

A diner orders food at a Burger King restaurant in Miami. Burger King launches 10 menu items including smoothies, frappes, specialty salads and snack wraps Monday — its biggest menu expansion since the chain opened its doors in 1954. Burger King is the latest chain to revamp its menu as part of the fast-food industry's move away from its nearly single-minded courtship of young men. Once the lifeblood of the industry, the economic downturn hit those junk food fanatics particularly hard. At the same time, Americans' generally have been demanding healthier options.

LUIS M. ALVAREZ/THE ASSOCIATED PRESS

Market Minute



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Anti-tax protest

1M Irish households reject property tax

Ireland is facing a revolt over its new property tax. The government says 1 million of the country's 1.6-million households have failed to pay the annual charge by Saturday's deadline. About 5,000 protesters marched through Dublin denouncing leaders as snakes and dictators. THE ASSOCIATED PRESS

Swiss investigation

Warrants out for German tax reps

Swiss authorities have issued arrest warrants for three German tax inspectors over the purchase of a CD containing data on suspected tax cheats, according to the Bild am Sonntag newspaper. Reports say the Swiss accused the officials of "economic espionage." THE ASSOCIATED PRESS

Fuel-tanker strike? U.K. quells mad rush to pumps

Britain's government has moved to stop panic buying at gas pumps, telling motorists there is no need to fill up their tanks as previously stated. The new advice caps several days of confusion, which even supporters of the ruling Conservative Party say has dented its leadership credentials.

Things went wrong shortly after Britain's Unite union threatened to pull off a fuel-tanker strike that could still leave thousands of service stations drained of gasoline. Such strikes can have serious political consequences in Britain, where gasoline prices are already among the highest in Europe.

The Conservatives took the initiative, warning motorists to stock up on fuel in preparation for possible shortages. Cabinet Of-

fice minister Francis Maude went so far as to suggest that drivers fill their jerry cans — metal containers that can hold 20 litres of gasoline.

Soon, lines began forming outside gas stations. Pumps ran dry. Jerry cans flew off the shelves. All this despite the likelihood that the proposed strike was at least two weeks away.

Some opponents accused the government of sparking panic to distract from what had been a week of nasty news about the economy, Tory party donors, and an embarrassing controversy over officials' decision to raise taxes on pasties, snacks enjoyed by millions. Others said that the Conservatives were picking a fight with Unite, which enjoys close ties to the opposition Labour Party. THE ASSOCIATED PRESS

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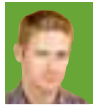
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RAPID BUS FINALLY ARRIVES, LET'S CELEBRATE



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Colin Fast
winipeg@metronews.ca

"Rapid transit is just down the road," says the headline, and the accompanying article describes how "the city is studying the feasibility of a seven-mile rapid transit corridor from Portage and Main, along the

CNR Fort Garry right-of-way to the University of Manitoba."

The newspaper was The Winnipeg Tribune (ask your parents about it). The date was April 19, 1975.

I'm assuming back then no one expected it would take 37 years to pour the first 3.6 kilometres of concrete for this corridor. But with the opening of the Southwest Transitway this Sunday, Winnipeg will finally become a "rapid transit city."

As I write this, the city hasn't announced any special plans for celebrating this achievement. But given all the ink that's been spilled on this project over the years — in newspapers and countless city reports — I hope it does something more just than cutting a novelty ribbon.

Free fares on opening day seem like a no-brainer. This would give citizens the chance to see what their money has paid for, and it would serve as a marketing opportunity by getting some people on the bus who probably haven't used it in years.

A bit of entertainment at each transit station would help make a good first impression. Buskers, prize giveaways, mascots, and even an Easter Bunny given the date.

It would have also been fun to open the transitway a day early to allow people to walk, rollerblade or cycle down its entire length before regular

service begins. The city could have even partnered with local non-profits to organize a "Rapid Race" running event to add to the celebratory mood.

This might not seem like it has much to do with running a transit service, but some pieces of infrastructure have the ability to transcend their utility and become symbols of a city's prosperity, progress or ambition.

The Esplanade Riel is more than just a footbridge. The Human Rights Museum will do more than just house displays. And when renovations are complete at Assiniboine Park, it will be more than just a nice place to spend a Sunday afternoon.

The opening of the transitway — or a portion of it anyway — is only one small step toward modernizing our transit system, increasing mobility and encouraging more compact development, but it's an important one. So let's celebrate this Sunday, since it's taken nearly four decades for this bus to arrive.



Rapid bus leaves the city a reason to celebrate. METRO

Global awareness looks bright



MARKUS SCHREIBER/THE ASSOCIATED PRESS

Earth Hour

150 countries dim the lights

Volunteers of the World Wide Fund for Nature set their own candles amongst about 5,000 others to picture the globe prior to Earth Hour in front of the Brandenburg Gate in Berlin on Saturday. Earth Hour takes place each year and is a global call to turn off lights for 60 minutes in a bid to highlight global climate change.

THE ASSOCIATED PRESS

Quoted

"We didn't really know how it would go when it first started, but each year we have more and more countries and cities and communities join on."

Zoe Caron, a spokeswoman for the World Wildlife Fund's Canadian operations

A song for action

- The new Earth Hour Anthem, When the Lights Go Down, was sung by crowds in Toronto to celebrate Earth Hour.
- The WWF calls it Canada's first ever crowd-sourced song. It was created from lyrics submitted and voted on by Canadians across the country.

National effort

511

The World Wildlife Fund Canada said 511 Canadian cities and towns participated in this year's event — the most ever.

Community pitches in for dog rescue

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Maybe it's not such a dog-eat-dog world after all.

Thirty-eight dogs in St. Andrews, Man., recently found

that out.

Shortly after being rescued from a garage, the pups were treated to the dog's dinner. In a few short days, people from all over pitched in to renew their bond with man's best friend by donating food and pitching in to help raise and collect donations for the Winnipeg Humane Society.

When Cheryl Michaluk, an animal lover, heard the news she hopped in her car

to purchase and donate two bags of dog food. She quickly decided she could make an even bigger difference by reaching out to the community.

The community threw the dogs countless bones and collected a total of 2,132.8 pounds of dog food, a literal tonne, enough to help out almost every no-kill shelter in Winnipeg.

The rescued dogs are well on their way to recov-

ery at the humane society, in foster homes, or with their new, loving adopted families.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

2

SCENE

Box office

Fans still eating up *Hunger Games*

The *Hunger Games* is still the first item on the menu for movie fans. The blockbuster took in \$61.1 million to remain the No. 1 film in its second weekend. Studio estimates Sunday put *The Hunger Games* ahead of action sequel *Wrath of the Titans*, which opened in second place with \$34.2 million. Julia Roberts' comic *Snow White* reinvention *Mirror Mirror* debuted at No. 3 with \$19 million.

THE ASSOCIATED PRESS

On the web



For more coverage of the Juno Awards and our exclusive interview with The Sheepdogs, visit metronews.ca/scene

Feist still a Juno darling as she's named artist of the year

Awards. Feist, the Sheepdogs have a winning weekend in Ottawa with three trophies each at the 2012 Juno Awards



Feist and Joe LoFaro
Metro in Ottawa

band The Sheepdogs came out on top at the 2012 Juno Awards by snatching three Junos each over the weekend.

After winning two each at a gala and awards dinner Saturday, they both won their third at the televised show held at Scotiabank Place in Ottawa on Sunday.

On Sunday, The Sheepdogs won single of the year for their hit *I Don't Know*. The Nova Scotia-born singer-songwriter Feist won artist of the year, sweeping aside City and Colour, deadmau5, Drake and Michael Bublé.

Before the show started, some of the nominees graced the red carpet outside the arena in chilly temperatures.

Feist, Lights, MonkeyJunk, Dan Managan, Nickelback and Hedley greeted shrieking fans. Teen heartthrob Justin Bieber, who was a no-show, disappointed many of the fans who queued outside the arena hours before the broadcast started. Toronto rapper Drake also did not



Dallas Green accepts his award for songwriter of the year on Sunday at the Junos. FRED CHARTRAND/THE CANADIAN PRESS

attend.

Host William Shatner opened up the show with a tongue-in-cheek monologue poking fun at artists' names. "It's good to be back in Ottawa the home of the Ottawa Senators and the home of the Stanley Cup contenders. Of course I'm from Montreal, so, I mean, who cares?" said Shatner.

"It's going to be a crazy night...not Vancouver crazy, let's keep the cars right-side

up here."

The first award of the night went to Dallas Green of City and Colour for songwriter of the year. Nine performances kept thousands of screaming fans jumping out of their seats in the transformed arena.

Nickelback was first to light up the stage with a hard, pyrotechnical performance. The band came in with three nominations but went home empty handed.

Also up for a trio of awards was electronic music producer deadmau5. Like Nickelback, he left the weekend empty-handed.

Justin Bieber won the Juno fan choice award, beating nine other artists in the category. He appeared by video to say thank you.

"Fan choice. As we all know I have the best fans in the world, so this award is basically for all my fans," said Bieber.

Winners

Here is a partial list of some of the best acts in Canada — the 2012 Juno Award winners.

- Juno fan choice. Justin Bieber
- Single of the year. *I don't know* — The Sheepdogs
- Album of the year. *Christmas* — Michael Bublé
- Artist of the year. Feist
- New artist of the year. Dan Managan
- Songwriter of the year. Dallas Green
- Dance recording of the year. *Hello* — Martin Solveig & Dragonette
- Group of the year. Arkells
- New group of the year. The Sheepdogs
- Country album of the year. *Roots and Wings* — Terri Clark
- Pop album of the year. *Storms* — Hedley
- Rock album of the year. *Learn & Burn* — The Sheepdogs

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Morning shows heat up this week



THE WORD

Dorothy Robinson
scene@metronews.ca

The Today Show is responding to the missile that ABC hurled last week — the announcement that anchorwoman Katie Couric is guest hosting Good Morning America — with a nuclear warhead of their own: The NBC morning show announced over the weekend that Tuesday's guest host will be none other than Sarah Palin (yes, that Sarah Palin. We thought it was an April Fools' joke, too).

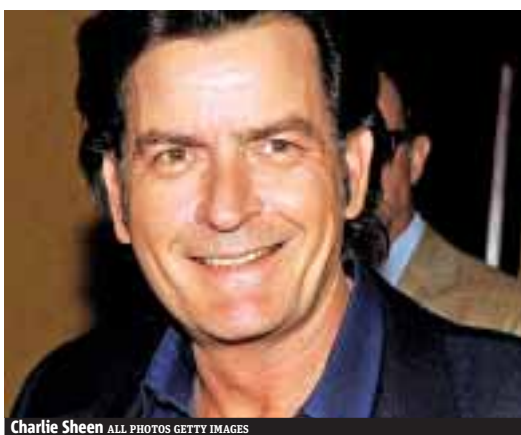
To make things even more interesting, Oprah is



stopping by CBS Morning News on Monday to see her BFF, host Gayle King.

According to a CBS press release, Oprah's coming to "discuss everything from the latest developments at OWN, her Leadership Academy, and life after her daytime talk show."

Katie Couric, Sarah Palin, Oprah: It's as though this week's morning news ratings war was created just to give the rival networks' late-night talk show hosts something to joke about.



Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen: Oh, what a year

It's hard to believe, but it's been a full year since Charlie Sheen's very public meltdown and the words "tiger blood" were launched into the public lexicon. Now Sheen is embarking on something of an apology tour.

"I didn't recognize parts of who that guy was. I just wish it was somebody else's body. You say it's been a year — it's either been a day, or a hundred years," Sheen told Matt Lauer during an interview on the

Today show last week.

"I guess the plan was to reintroduce myself to America and to the media and say, 'Sorry about that, but here's what's happening now.'"

Clearly, that didn't go as planned. Now Sheen is busy promoting a new TV show, FX's Anger Management.

"I couldn't have the Two and a Half Men thing be my television legacy," Sheen says.

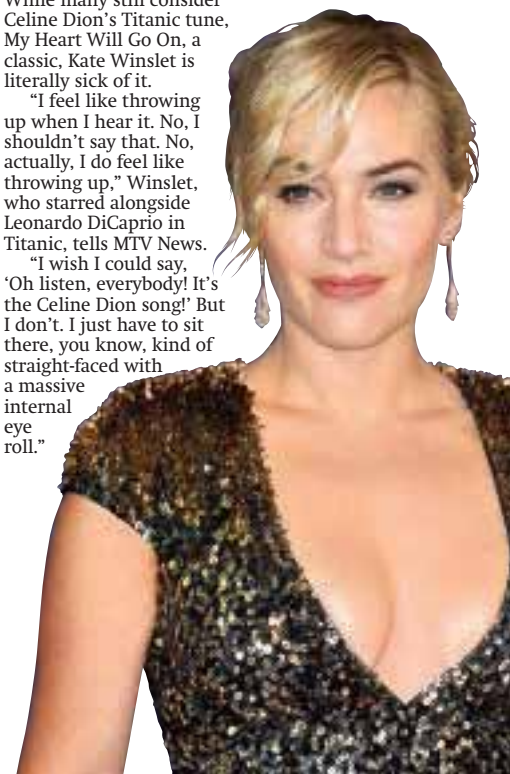
"I couldn't have that end on that note."

Winslet wants to barf

While many still consider Celine Dion's Titanic tune, My Heart Will Go On, a classic, Kate Winslet is literally sick of it.

"I feel like throwing up when I hear it. No, I shouldn't say that. No, actually, I do feel like throwing up," Winslet, who starred alongside Leonardo DiCaprio in Titanic, tells MTV News.

"I wish I could say, 'Oh listen, everybody! It's the Celine Dion song!' But I don't. I just have to sit there, you know, kind of straight-faced with a massive internal eye roll."



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3

LIFE

Tax Breaks

Fitness and Art

Gymnastics, art, music, hockey, ballet. Did you know that some of your children's extracurricular activities can actually result in tax breaks for you?

With the Children's Arts Tax Credit or the Children's Fitness Tax Credit, parents can claim up to \$150 per child per year for eligible art and fitness expenses paid for children under 16.

The organizations you're handing your kids off to will be able to tell you if they are eligible for the credit, and they'll determine the part of the fee that qualifies for the tax credit.

Don't forget to request a receipt for tax purposes.

SARAH DEVEAU,
YUMMYMUMMYCLUB.CA

Support

Autism Awareness

Today is the fifth annual World Autism Awareness Day. People and organizations worldwide are raising awareness about autism by participating in 'light it up blue.' Show your support and put on something blue.

For more, visit autism-speaks.org.

DELIA MACPHERSON, METRO

On the Web



P.E.I. school kids play Fath-ers of Confederation, win national contest.

Chores

Women re-do husband's chores

Hands up if you reload the dishwasher after your husband has done it. Well, you're not alone.

According to the Telegraph, most women deem it necessary to "do over" the chores their domestically-challenged spouses proudly

tackle around the house. Nearly half of the women polled say they re-wipe countertops and a third of them remake beds. If you ask us if women want equality, they shouldn't be re-doing tasks that have been assigned to their husbands in the name of domestic bliss, even if they can't figure out how to properly hang the hand towels.

JULIE GREEN (A.K.A. MUMMY BUZZ),
YUMMYMUMMYCLUB.CA



Polls show that most women do over their husband's chores. ISTOCK

App

Housework is fun with this app

What if you could turn household chores into a game? The HighScore House app turns mundane into fun by assigning points to chores.

Parents simply enter their children's daily chores and assign point values to

each one. Kids can mark off all of their completed tasks and count up their points.

Once kids have enough points, they can redeem them for rewards — picking what they want for dinner (10 points) or staying up an extra 15 minutes (20 points). The rewards are defined by you.

The interface is fresh and funky, and definitely has a fun factor to it.

KRISTA SWANSON,
YUMMYMUMMYCLUB.CA

Got baby-name remorse? You're not the only one

Names. Here are some ways of dealing with people's reactions to your child's name

CANDACE
ALPER

yummymummyclub.ca

When choosing the perfect name, the resources are endless. Baby-name books and online baby-naming tools are plentiful (a search for baby name books at indigo.com yielded 478 choices, and at 995.amazon.com).

Then there is the desire to be different. Babies are also being given names that might have come from browsing a dictionary or map.

With choice can also come challenges. Some things we hear parents say are:

"I love the name I chose and so did the parents of the five other Sophies or Sophias in my daughter's class."

"My son's name is always mispronounced. So frustrating. I like the way it sounds when we say it."

"In an effort to give our son a traditional name with a twist, we changed the spelling and added a (silent) H. I'm tired of spelling it for

Pronunciation

It makes you cringe and scream inside when that lovely name is mispronounced. Learn how you and your child can deal with it.

- **Repeat it.** Use your child's name often so that the people around you hear it and catch on. "Maygan was up all night again," "Maygan will need a good nap today," etc.
- **Shorten it.** Be OK with a short form of the name that you know won't be mispronounced. For example, Alex can be a nickname for Alexandria or Alexandra.
- **Ignore it.** You saw it coming. You're ready for it. Help your child learn that his or her name might be said in different ways.

people and I think he will be too. This is the one time in my life that I'm wishing I had listened to my mother."

Got regret? Here are some things that you can do:

Use your child's middle name or initials.



Giving your child a unique name can pose problems. ISTOCK

Choose a nickname that fits. Miley Cyrus was born "Destiny Hope" and was always called "Smiley" because she smiled so much. She

shortened it to Miley. Voila.

How about a variation on the name? Alexandra could be Allie or Lexie; Jacob could be Coby or Jay.

Go with it! Remember why you chose it in the first place. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

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NEED A RIDE?

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every Wednesday.

Let the greens season begin with a tangy Greek Salad



This recipe serves four to six. THE CANADIAN PRESS

There is no doubt that the best Greek Salad is made with seasonal, local vegetables, but this classic Mediterranean starter also brightens up appetites ready for spring weather.

It's best, of course, teamed with a fine Greek extra virgin olive oil, good firm kalamata olives and tangy imported

Greek feta.

1. Slice cucumber in half lengthwise and scoop out seeds. Cut cucumber into bite-size pieces.

2. In a large bowl, combine cucumber, green pepper, tomatoes, red onion and olives.

Sprinkle with olive oil, oregano and salt and pepper to taste.

3. Add a splash of vinegar if salad needs a touch of acidity; it all depends on the flavour of the tomatoes.

4. Fold in chunks of feta. Serve

Ingredients

- Half an English cucumber
- 1 green bell pepper, cut into chunky bite-sized pieces
- 2 ripe tomatoes, cut into chunky bite-sized pieces
- Half a small red onion, thinly sliced and separated into rings
- 125 ml (1/2 cup) pitted and sliced kalamata olives
- 45 ml (3 tbsp) extra virgin Greek olive oil
- 10 ml (2 tsp) dried oregano leaves, crumbled
- Kosher or sea salt
- Freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar (approx)
- 125 g (4 oz) feta cheese, broken into small chunks
- Fresh crisp greens (optional)

on a bed of fresh crisp greens, if desired.

ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE INC.)/THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOK-BOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, PLEASE VISIT EMILYRICHARDS-COOKS.CA.

Queen of Green

Avoid these home hazards



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What qualifies as household hazardous waste? I have old Comet and Pledge bottles collecting dust.

Kylie of Halifax

Many common household cleaners sold in Canada contain hazardous chemicals. Examples of household cleaners considered to be household hazardous waste (HHW) are abrasive cleaners, aerosol air fresheners, all-purpose cleaners, ammonia, bleach, disinfectants, drain cleaners, fabric softeners, glass cleaners, laundry stain removers, mildew removers, oven cleaners, toilet cleaners, and tub and tile cleaners.

These materials or products can cause illness or death to people, plants and animals.

Correct disposal is important to prevent the spread of chemicals in our

soil, air and water.

Never pour or flush HHW substances down the drain where they will enter the sewage system.

Chemicals can corrode plumbing and cause failure in septic systems before they make their way to our waterways and oceans. I realize that's ironic, because most of them are used to clean the toilet and end up down the drain!

Each Canadian province has instituted a household hazardous waste collection program to make it easy for Canadians to dispose of these toxic items with minimal environmental impact.

In Nova Scotia, HHW disposal options by are divided by seven different solid waste-resource management regions.

Check out ReduceYourWaste.ca or the government website gov.ns.ca/nse/waste.

Next shopping trip down the cleaning products aisle, avoid cleaners with hazard symbols.

Opt instead for products from companies that voluntarily disclose ingredients on the label.

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There ain't no mountain high enough to keep them from gliding toward glory



World Cup ski champion Thomas Grandi and Olympic silver medal winning cross country skier Sara Renner are raising their young family in Canmore, Alta. PROVIDED

Passion at its peak.
Two high-performance athletes provide hospitality in the hills



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Olympic medalist Sara Renner and World Cup champion Thomas Grandi may have retired from competitive skiing, but they didn't park their skis too far from the front door. Sliding into the business world, they bought Paintbox Lodge in Canmore, Alta., and are now raising their young family amidst the glorious Rocky Mountains.

Moving from high performance athletics to business isn't that much of a stretch. Most athletes do four-year business plans when getting ready for an Olympics and run their careers like a business. But Grandi admits there was one

Lesson learned

"Patience. When you go out of the start gate any thing is possible and you could go from last to first."

Thomas Grandi on what he has learned as a business owner.

thing he had to learn.

"Patience. When you go out of the start gate any thing is possible and you could go from last to first. In business even though you have a happy customer they may not come back until next year."

But Grandi and Renner are still winning and business has doubled since last year.

"I'm hoping people will stay with us and take a walk along the river path," Sara says. "They will find their soul is quieted and they can be rejuvenated before going back to their busy lives."

That's top-of-the-podium advice from two high performance athletes turned business people.

Success

How to move mountains

- Setbacks are your best opportunity for future improvement.
- Get the most from your team and offer incentives that benefit everyone — like profit sharing.
- Have perspective in your working life and prioritize the things that mean a lot to you.
- Your business will have more chance of success if you are happy.
- If you are stumped, go for a run, walk, ski or do some yoga. Get the blood circulating to your brain and great thoughts will follow.
- The first person you have to convince that you can be a champion is yourself.

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ANIMAL KINGDOM

DOGS AND CATS CAN BRING MORE TO YOUR LIFE THAN YOU MAY THINK

Can having a pet improve your health?

Absolutely, says Dr. Jim Berry, Vice-President, Canadian Veterinary Medical Association and a veterinarian at Douglas Animal Hospital, Fredericton.

MORE EXERCISE

If you have a dog, you pretty much have to get them out there and walk. "Of course, that gets people moving themselves," says Berry. That's good for everyone, and for seniors particularly, it supports continued mobility.

A RICH SOCIAL LIFE

Having a dog is a great way of getting out into the community and making friends... because when you have a



dog, people stop to chat. "Having a dog creates an instant social atmosphere."

FEEL GOOD

"Numerous studies have associated pets with stress reduction and even remission of psychiatric illnesses, particularly depression and anxiety disorders," says Dr. Irvin Wolkoff, a Toronto psychiatrist. "The key factor is the kind of uncritical affectionate closeness of pets towards their owners." Unlike relations with people, interactions with pets are uncomplicated, reliable and pleasing, says Wolkoff. "We respond with a reduction in stress. That helps us feel better, and it reduces our circulating levels of adrenalin and cortisol, the

classic stress hormones." He says this change is associated with a reduced risk of coronary disease as well as a number of other conditions.

COMPANIONSHIP

A pet provides something to communicate with, and in this way, can stave off loneliness, says Wolkoff. "Plus, animals aren't needy and they don't care if you've had a bad day — they still respond to you."

FAMILY TIES

More than 50 per cent of pet owners consider their pets their kids... and it's not just what they call them but what they consider them, says Berry. "They really are part of the family and the expectation goes that they'll be treated as a family member. I think this attitude has elevated the humane treatment of animals in society."

At the end of the day, "all this only works if you like animals," says Wolkoff. "If you don't, pets will increase your stress."

—By Ylva Van Buuren

WANT TO GET A PET?

The Canadian Veterinary Medical Association reminds everyone that it's important to choose a pet that is appropriate for your lifestyle, life situation and pocketbook (all pets are an ongoing expense). Here's a quick guide.

PUPPY OR KITTEN Requires training and constant attention.

DOG Most need a walk twice a day.

CAT More independent and much less demanding than a dog.

BIRD Requires daily commitment.

FISH Easy care, but needs regular cleaning and specific care.

EXOTIC (rabbit, guinea pig, snake): Specific care requirements are important.

MOST POPULAR DOG BREEDS

Labs, Golden Retrievers, Yorkies and German Shepherds.

MOST POPULAR CAT BREEDS

Persian and Siamese.



TAKING A HOLISTIC APPROACH

ANDERSON ANIMAL HOSPITAL AND WELLNESS CENTER

With 70 years of history behind them, Anderson Animal Hospital and Wellness Center is an established business in the Winnipeg community with a trusting clientele base. To build on that trust, the centre decided to grow its business by renovating its internal space and building on the services it offers.

In expanding its practice to become a wellness centre as well as a place to treat animals, the Anderson Animal Hospital moved towards taking a more holistic approach to how it sees its cat and dog patients. "Along with being a full-service hospital, we're now looking at overall wellness rather than that once-a-year visit,"

says Cathy Laver-Wright, Veterinary Assistant. That vision includes services such as screening for early disease detection, cancer care, nutritional services, dental cleaning and more. "We're really taking a proactive focus with these services. We'd rather do that than be faced with very sick pets down the road," adds Laver-Wright.

Two of the more unique treatments being offered to animals at the clinic by Dr. Rita McKay include veterinary acupuncture and veterinary chiropractic services. To date, the services have been used to treat a variety of conditions ranging from skin conditions and osteoarthritis to kidney and urinary tract disease and even facial paralysis.

All of these services collectively will stretch throughout the newly renovated spaces at the clinic, which include building two new exam rooms, a new operating room, a fresh new office space and grooming area. "We are in the final homestretch of our renovations," Laver-Wright notes.



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HEALTHY CAT

SHARING YOUR HOME WITH A CAT MAKES LIFE PURR-FECT!

And, of course, you want to help your feline friend stay healthy and happy. Here's how.

VISIT THE VET

Regular visits to the vet are a must for checkups and cat care. Discuss annual shots and protection from fleas and other parasites as well as dental health. Your vet can make dietary recommendations too.

FEED HER PREMIUM CAT FOOD

Cats need a healthy diet, and it's important that their nutritional needs are met with food that is especially designed for cats. At the same time, kittens

and cats have different requirements depending on their age and health status. Be sure fresh water is always available.

PROTECT YOUR CAT

Many owners make the decision to keep their cats indoors, and they provide an enclosed area outside where their cat can roam safely, enjoy the sun, and watch the birds. It's also important to cat-proof your home and to make the cat litter box easily accessible.

KEEP HER BUSY

Your cat needs to be active some of the time. Remember, cats can sleep for 18 hours out of 24 – and that makes them susceptible to weight gain as time goes by. Keep your cat entertained with toys that bring out his hunting and stalking instincts. Playtime with you is good bonding time too.

BE OBSERVANT

As all cat owners know, these feline creatures can be pretty independent. So it's important to be aware of any changes in appearance, eating habits, personal care habits and disposition. This is especially important as your cat gets older (about eight) when age-related illnesses often develop.

LOVE YOUR CAT

There's nothing like a little R&R with your cat purring in your lap!

SERVING UP A HEALTHY & DELICIOUS DIET



Ask your veterinarian about the IAMS range of premium canned and dry food for all the different stages of a cat's life – from the time they are kittens, through their adult and senior years, and for special dietary needs too. IAMS foods provide natural ingredients:

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1 - 6



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7 - 10



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*vs IAMS Original or IAMS Adult.

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TIPS TO PREVENT YOUR PET'S MESS

DO YOU LOVE YOUR PET, BUT HATE THE MESS?

For dog owners especially, cleaning up after their furry friends is a daily battle.

Dogs are more than happy to track mud and grass from the backyard to your floor or leave fur and dander to collect on your

carpet and furniture. What's a loving pet owner to do? Dogs will be dogs, but there are ways to prevent some messes and clean up others more easily. Take a look at a few helpful tips for you and your pet:

- Place rubber or plastic mats in areas that messes are likely to occur, such as under food and water dishes.

- Keep a "pet cleaning kit" with paper towels, hand-held vacuum, old bath towels and cleaning solutions in a bucket where you can get to them quickly. The

faster you get on a pet mess, the easier it is to clean, and the less likely it will be to leave a permanent stain.

- Pet hair and dander can trigger allergies for some people and are difficult to remove from carpet. A regular grooming schedule can help eliminate shedding hairs before they end up in the home. It also keeps pets clean, happy and comfortable.

- Installing a faucet in a mudroom or garage allows homeowners to clean

off their pets before bringing them into the house. Take a look at a few ideas at deltafaucet.ca. Try using a pull-down kitchen faucet with a laundry tub to make bathing smaller pets — as well as the clean-up afterwards — a breeze.

- While training pets to keep off of furniture may be difficult, consistency is key. If pets are part of the family, they also have to learn to live comfortably with everyone else.

— News Canada

FIVE TIPS FOR A TRULY PET-FRIENDLY HOTEL STAY



Let's face it, the last thing you want to do when heading out on the road is leave the furry family members behind. With 150 locations in Canada, Comfort Inn hotels say they are no strangers to guests travelling with pets and offer the following tips to make your next stay at a pet-friendly hotel, truly pet-friendly:

1. CALL AHEAD to double check pet-policies and ask if a kennel is required to avoid any unpleasant surprises upon arrival.

2. PACK YOUR PET'S BED along with their favourite blanket or toy to help them feel at home in the unfamiliar space.

3. ASK ABOUT A PET NOTIFICATION DOOR HANGER at the front desk, or bring your own to be sure hotel staff and other guests are aware a four-legged guest is staying in your room.

4. KNOW YOUR PET'S WEIGHT Some hotels have weight restrictions and you may be asked to provide this information at check-in.

5. IF YOU HAVE TO LEAVE YOUR PET ALONE in your room, turn on the radio or TV before leaving; the background noise and voices will be soothing.

If your pet suffers from separation anxiety, don't leave them alone. Noise complaints and damage fees could ruin an otherwise perfect vacation.

— News Canada



CORNER PAWS

SPECIALIZING IN ALL-NATURAL PET FOOD, TREATS



Sean Ledwich Photo

The Corner Paws owner Gordon Lai warns that commercial pet food and treats can harm your animal.

"Commercial food often includes ingredients that are unsafe for you or I to eat, and are known to cause allergies and other serious health problems in our pets."

It's why Lai decided to open the Corner Paws, Winnipeg's first and

only source for all-natural pet food and treats.

The Corner Paws food, made fresh in their own kitchen, is human-grade with no by-products or harmful preservatives.

"We use our kitchen like it's yours," said Lai, adding they will even custom prepare with veterinarian-ordered ingredients.

"You present us with whatever menu or item you want, we make it for you."

Gordon says the commercial pet food industry is largely unregulated and uses byproducts considered unfit for human consumption, which has resulted in pet deaths and product recalls in the past.

Companies spend money on "fancy packaging and nice-looking commercials...what money is left to put back into the food itself, right?"

At the Corner Paws, packaging is simple, and prices competitive. A bag of treats starts at 99 cents.

Pet owners are welcome to bring their cats and dogs down to the store where they can sample treats to find out what they like.

And when they do they can say hello to Gordon's Cocker Spaniel, Kona, who is usually hanging around!



ANIMAL HOSPITAL OF MANITOBA EYES ALTERNATIVE THERAPIES

LASER TREATMENT USED TO TREAT YOUR PET'S PAIN

The greatest benefit of therapy laser is the ability to reduce the use of chemical medications when treating chronic arthritis; and in wound healing including post operative incisions promoting faster recovery. "The laser is a high energy light that directs itself to red and inflamed tissue. This aids in cellular repair and regrowth" says Andrea Render, Practice Manager.

The medications traditionally used to provide pain relief for these conditions, can cause gastric ulcers, liver and kidney damage. "We are medicating these patients and taking away their pain but every six months we are

doing bloodwork to see what's happening to their liver and kidneys, which adds even more costs to the client, therapy laser does not have any side effects!" says Render.

At \$45/session and often combined with a nutraceutical based program for the pet, not only is the treatment cost effective, but it eliminates the side effects often caused by chemical medications. "In some cases patients have completely eliminated the use of chemical medications!" says Render.

The first series of treatments is performed in a two-three week period of six-eight treatments. Patients are then evaluated to determine an individualized treatment plan. Reduced pain is often observed after the first treatment.

So far, not only are the pets responsive to the treatment, but their owners are as well. "Clients love it", says Render. "If anything, they're asking us to treat them too!"

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high energy puppy months through to the less active senior years. What you feed your dog affects appearance (a dog's coat should always be shiny and free of flakes; and he should be a healthy weight) and disposition (he should have good energy and be content). Be sure fresh water is always available.

KEEP HIM ACTIVE

Just like people, dogs need regular exercise – in general, at least one to two hours every day. An under-exercised dog may start exhibiting unwanted behaviour such as chewing on furniture and carpets and separation anxiety.

TAKE CARE OF HIS TEETH

For healthy teeth, gums and breath, you can brush your dog's teeth, use oral rinses and feed them tartar-fighting dental treats. Your vet may recommend professional cleaning periodically too.

KEEP HIM GROOMED

Grooming needs are based on your dog's breed but in general an average short-haired dog should have a monthly nail trim, bath and brushing. Long-haired dogs should be brushed out daily.

LOVE

Dogs are like people really – they need food, water and love.

SERVING UP A HEALTHY & DELICIOUS DIET



IAMS produces several types of canned and dry dog food for all life stages of a pet's life – from puppyhood to their senior years (for example, as a dog gets older, he may need food that is easier to chew). For good health, IAMS uses natural ingredients including:

- High-quality protein from chicken or lamb for strong muscles
- Tailored Fiber blend including prebiotics and beet pulp for healthy digestion.
- Omega-fatty acids for healthy skin and coat.
- Enriched with antioxidants to help maintain a strong immune system.

HEALTHY DOG

YOU LOVE YOUR DOG AND ONLY WANT THE BEST FOR HIM

Here's how to keep him happy and healthy.

VISIT THE VET

High-quality veterinary care is the key to your dog's overall health. Talk to your vet about recommended vaccines, protection from fleas and other parasites and any dietary concerns you have.

ONLY THE BEST FOOD

A healthy diet provides the nutrients and energy that your dog needs at every stage of life beginning with the

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Mature Adult
7 - 10



Senior Plus
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Iams Senior Plus for dogs 11 and older. With 2x the antioxidants,* it helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.

*vs Iams Original vs Iams Adult

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4

SPORTS

A different feeling for Howard in Switzerland

Curling. Canadian skip improves to 3-0 in front of low key world championship crowds

Whether it's the rocking atmosphere of the Tim Hortons Brier or the relative serenity of the world men's curling championship, Canada skip Glenn Howard just keeps doing what he does best.

Winning — and doing it with remarkable consistency.

Howard picked up victories over Germany and the United States on Sunday to remain unbeaten at 3-0. The veteran Ontario skip lost only once en route to the national title last month and hasn't slowed down here in Switzerland in his pursuit of a fourth career world title.

The only differences have been the international opposition and the intensity of the crowds.

The Credit Union Centre in Saskatoon was a curling madhouse for the national championships. The St. Jakobshalle is like a library by comparison.

"It's sort of more like a club game," Howard said after his win in the morning draw. "You're out on the ice and you don't hear as much."

That's an understatement. It was so quiet during the morning game that banter between curlers could easily be heard from the stands.

The occasional cheer, the steady whirr of stones sliding down the ice and buzz from the brushers were essentially the only sounds in the rather cavernous 9,000-seat venue.

Official attendance figures weren't released but organizers estimated that 800 spectators were on hand in the mor-



Canada's Glenn Howard, right, and Germany's Felix Schulze watch a stone on Sunday in Basel, Switzerland. GEORGIOS KEFALAS/KEYSTONE/THE ASSOCIATED PRESS

Swiss interest

Curling is actually quite popular in Switzerland. The country boasts 160 clubs and 8,000 registered curlers.

- Switzerland has also picked up some impressive victories. Patrick Hurlimann won men's gold at the 1998 Winter Olympics in

Nagano and Mirjam Ott won the women's world title last month.

- Armin Harder, the head of high performance with the Swiss Curling Association, expects attendance to pick up through the week.

ning. A manual head count revealed less than half that number.

Quoted

"It gets you excited, you get goose bumps when people are cheering and it definitely kind of gets you in the game a little bit."

Canadian skip Glenn Howard, on the contrast in attendance between the world championships in Switzerland and last month's Brier in Saskatoon.

on the other. A total of 77 fans took in the action from the grandstand and 34 fans sat at the VIP tables.

Add it up for a grand total of 334 spectators.

To be fair, only two of the four sheets were in action, the host side was idle and the picturesque city of Basel was bathed in spring sunshine.

However, when a similar draw was played last month at the women's world championships in Lethbridge — a two-game draw with the host side idle — over 1,900 fans took in the action.

"We played in Saskatoon and the crowd was absolutely crazy," Howard said. "Obviously not so much for us but it was really loud and it does get the adrenalin pumping."

After opening the competition with a win over France, Howard crushed Germany's John Jahr 9-2 in six ends before edging American Heath McCormick 8-7 in the evening game.

Howard hit a draw to the four-foot in the 10th end to win it.

"You just divorce yourself from the outcome, just throw a quality curling shot and good things will happen," Howard said. "I was pleased. We played really well that game."

THE CANADIAN PRESS

Golf

Hunter captures Houston Open



Hunter Mahan on Sunday. MATT SULLIVAN/GETTY IMAGES

Hunter Mahan shot a 1-under 71 on Sunday to win the Houston Open, edging Carl Pettersson by one stroke.

Mahan, who won the Match Play Championship in February, is the first two-time champion on the PGA Tour this year. The victory moved Mahan up to No. 4 in the world rankings, the first time he's ever been the highest-ranked American.

"That's a pretty surreal thing to think about," Mahan said. "It shows me what I can do, shows me what I'm capable of."

THE ASSOCIATED PRESS

NASCAR

Newman gets win in wild finish

Ryan Newman needed help and was running out of time. Finally, Clint Bowyer provided an opening with two laps to go at Martinsville Speedway in Virginia.

Bowyer's aggressive move took out race leaders Jeff Gordon and Jimmie Johnson entering the first turn, allowing Newman to slide into the lead, and he held off A.J. Allmendinger and Dale Earnhardt Jr. on another restart for his first win in 23 races.

THE ASSOCIATED PRESS

Quoted

"We're not going to stop fighting. We're going to finish out the season on a high note."

Winnipeg right-winger Chris Thorburn on Saturday after the Jets were eliminated from the playoffs in 3-2 loss to the Lightning in Tampa, Fla.

"I can't even think past this game and the disappointment of it."

Jets coach Claude Noel

On the web



The Canadian women's hockey team is looking to reclaim gold-medal glory in Vermont this week at the world hockey championship after a heartbreaking overtime loss to the U.S. in last year's final in Zurich. The roster, named Sunday, includes 13 players from the 2010 Olympic team that defeated the Americans 2-0 for gold in Vancouver. Scan the code for the story.

Soccer. Brazilian dies in another act of fan violence

A soccer fan was killed in a fight between rival groups in central Brazil on Sunday, the fourth fatality resulting from fan violence in less than a month.

Authorities said Sunday that 23-year-old Diego Rodrigo Costa de Jesus died after being shot in the back during a confrontation between supporters from Goias and Vila Nova in the central city of Goiania on Saturday.

Two Palmeiras fans were killed last week in a fight in Sao Paulo, and a Guarani supporter died about two weeks ago about 100 kilometres away.

A series of incidents related to fan fighting at the beginning

Upswing in violence

Sunday's death occurred in the same city where four Goias fans were wounded by gunshots in January.

- De Jesus was also a Goias supporter.

of 2012 had raised concerns with Brazil hosting the 2014 World Cup. Fan violence had appeared to be mostly under control in the past few years but the recent surge has authorities scrambling to find solutions. THE ASSOCIATED PRESS

MLB

Mended Johan Santana is Mets opening day starter

After a spring full of injury-related news, finally some relief for the New York Mets: Johan Santana will start on opening day.

The left-hander, returning from shoulder surgery performed in September 2010, met with manager Terry Collins Sunday. Collins announced Santana was set to pitch against the Atlanta Braves.

"It means that everything we've done from surgery to today has paid off," Santana said.

THE ASSOCIATED PRESS

ATP tennis. Djokovic dominates Murray as he picks up another title

Top-ranked Novak Djokovic won his third Sony Ericsson Open title Sunday, holding every service game to beat Andy Murray 6-1, 7-6 (5) in Key Biscayne, Fla.

Djokovic also won in 2007 and last year. Only six-time champion Andre Agassi won more men's titles.

Djokovic didn't lose a set in six rounds, and saved 25 of 30 break points against him.

He improved to 20-2 this year and 90-8 since the start of 2011. He has won five Grand Slam titles, including the past three in a row.



Novak Djokovic celebrates on Sunday. MATTHEW STOCKMAN/GETTY IMAGES

Now begins the clay season culminating with the French Open, the only major event Djokovic has yet to win.

THE ASSOCIATED PRESS

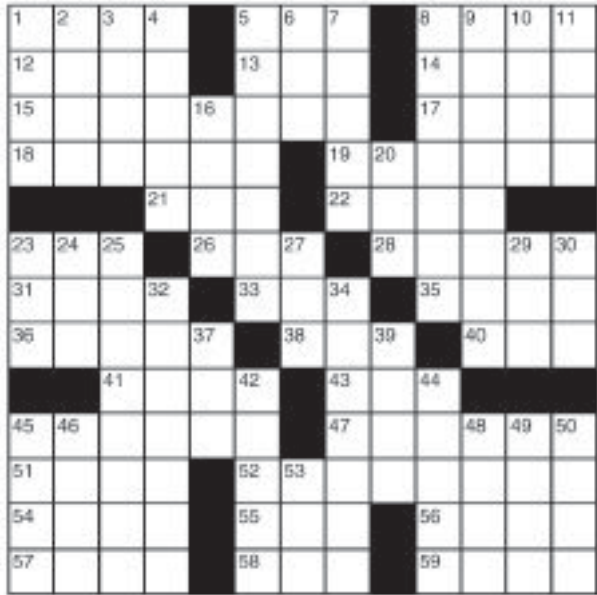
Crossword

Across

- 1 Air pollution
5 Shade provider
8 Mid-month date
12 Staffer
13 Grass-skirt ac-
cessory
14 Castle protector
15 Likely loser
17 Taj Mahal city
18 Rent payer
19 Much
21 Listener
22 Small combo
23 Mrs. O'Leary's
troublemaker
26 Thickness
28 Coach Rockne
31 Quid pro quo
33 "Undeniably"
35 Birthright
barterer
36 Prelude
38 Spigot
40 Blunder
41 Cornfield com-
mentaries
43 Be a couch
potato
45 For some time
47 Eagles' nests
51 Auction offers
52 Li'l Abner's
hometown
54 Lotion additive
55 Before
56 Antitoxins
57 Pleads
58 Scarlet
59 Cockily confi-
dent

Down

- 1 Author Bellow
2 Greedy one's call
3 Probability
4 Gaggle members
5 On in years
6 Zodiac sign
7 Power
8 John Lennon

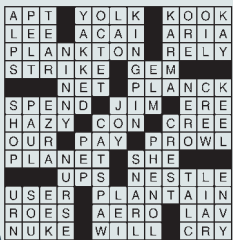


- song
9 Place of disfavor
10 "My Name Is
—"
11 Remain
16 Harvest
20 Annoy
23 Marg Helgen-
berger series
24 "My — Private
Idaho"
25 Guardian
27 Nevertheless
29 Pitch
30 A cont.
32 Lauds
34 Attacked bru-
tally
37 Pussycat's
partner
39 Incubator noise

- 42 Passover dinner
44 Lawn
45 Quatrain rhyme
scheme
46 — E. Coyote
48 Particular
49 Beige
50 Rug type

For today's crossword answers
and for expanded horoscopes,
go to metronews.ca

Friday's answer



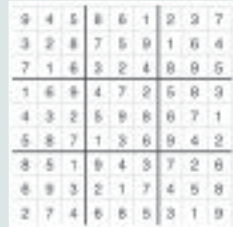
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Weather

MONDAY	TUESDAY	WEDNESDAY
 MAX: 10° MIN: 10°	 MAX: 12° MIN: 2°	 MAX: 18° MIN: 2°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**



Horoscope

♈ Aries | March 21 - April 20.

You don't have to make a big display of your emotions.

♉ Taurus | April 21 - May 21.

You must not allow other people, no matter how well meaning, to poke their noses into your affairs.

♊ Gemini | May 22 - June 20.

You may not have got as far with something as you would have liked over the past few weeks but the important thing is that you have made a start.

♋ Cancer | June 21 - July 22.

If you spend too much time weighing up the pros and cons of an offer today someone of a more instinctive nature could beat you to a prize that should have been yours.

♌ Leo | July 23 - Aug. 22.

A minor battle may hardly seem worth the effort today but it's good practice because soon you will have to fight for something a lot more important.

♍ Virgo | Aug. 23 - Sept. 22.

Don't dwell on the past today or you could miss out on a wonderful future.

♎ Libra | Sept. 23 - Oct. 22.

Your rivals and enemies are not as tough as they look.

♏ Scorpio | Oct. 23 - Nov. 21.

Don't let other people drag you down with their negative attitudes today.

♐ Sagittarius | Nov. 22 -

Dec. 21. According to the planets a friend or relative has something

important to reveal, but they may be reluctant to bring up the subject. Be patient and encourage them to tell what they know.

♑ Capricorn | Dec. 22 - Jan

20. You like a challenge but that is no reason to make life hard for yourself.

♒ Aquarius | Jan. 21 - Feb 18.

Don't concern yourself too much with what other people say or do today. Put on your smiley face and don't let anyone or anything get you down.

♓ Pisces | Feb. 19 - March

20. A little bit of humour will go a long way today, especially if you have been too serious of late.

SALLY BROMPTON



Caption Contest

"Are you sure you don't want me to use a nail clipper?"

Erica

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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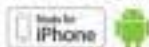
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